

Client Name _____ Date _____

RD/DTR _____

Email _____ Phone _____

1,500 Calorie Sample Meal Plan

Meal	Pattern	Food
Breakfast	1P	1 egg or ¼ cup egg substitute ¹
	3C	1 slice regular bread ² , toasted (1C) 6 oz light yogurt ³ (1C) 1 orange (1C)
	1F	1 tsp margarine ⁶
Lunch	2P	2 oz deli sliced lean lunch meat or 1 oz lunch meat (1P) and 1 oz low-fat cheese (1P)
	4C	2 slices bread (2C) 1 pear (1C) ¾ oz baked chips (1C)
	V	lettuce, tomatoes, raw broccoli ⁴
	1F	1 teaspoon mayonnaise or 2 teaspoons whipped salad dressing ⁵
Dinner	4P	4 oz baked boneless skinless chicken breast
	3C	1 cup cooked pasta (2 C) 1 oz roll or 1 slice bread (1C)
	V	Mushrooms, zucchini, green peppers ⁴
	2F	2 tablespoons low-fat salad dressing or 1 tablespoon regular salad dressing (1F) 1 teaspoon margarine (1F)
Snack	2 C	1 cup fat-free or 1% milk (1C) 3 squares graham crackers (1 ½ of the 2-part pieces = 1C)

¹ Scramble without fat, boil, or grill with cooking spray. Or, you may use the margarine to cook the egg and eat the toast dry or with sugar free jam or jelly.

² Low calorie bread has about 40 Calories per slice; substitute 2 slices for 1 slice regular bread.

³ Choose sugar free, fat free yogurt with less than 100 Calories per serving.

⁴ Eat non starchy vegetables without added fat as desired.

⁵ Use mustard (free food) instead of mayo and save the fat for dinner.

⁶ Soft tub margarines are lower in saturated and trans fats than butter or stick margarine.

Notes: